

CARE FOR CAREGIVERS

CREDO OKINAWA

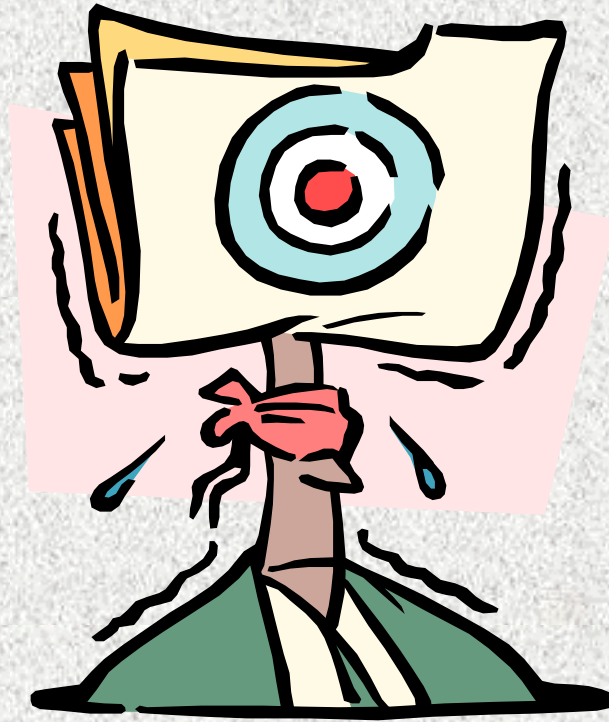
LCDR David M. McElwain, CHC, USN

Three Mile an Hour God

- Changing paces
- Over the last century we have changed from an agriculturally based economy to a industrial economy and then to a information based economy
- Stress levels have risen with the expectation of living in and using constantly changing technology.
- Human being walk at a normal pace of three miles an hour. We have accelerated life and forget God walks with us-at three miles an hour.*
- *Three mile an hour God, Kosuske Koyama



Stress-is it high enough yet?



High Op Tempo



Increasing our stress we live on the borders of Conflict.
Conflict infuses our families and our jobs.

Where are your Priorities?

	Urgent	Not urgent
Important	Problems Crises Deadlines Productive Meetings	Prevention Planning Preparation Seizing Opportunities Relationships
Unimportant	Interruptions Phone Calls Pressing Matters Mail/Email	Busywork Trivia Some Mail/Email Time wasters

Who defines success?

- Culture/subculture
 - Long hours
 - Promotions
 - Choice billets
- Self
 - Competency
 - Balance
 - Fulfillment

We control...



- Attitude
- Perspective
- Choice
- Ourselves

Out of our control

- Other people
- Nature
- Operational Tempo
- International politics



Compassion Fatigue

- Dealing with others' stress putting your own stress off until later
- Accumulated stress
- Continued crises never allow processing of personal stress
- Result
 - Insensitivity
 - Anger
 - Short tempered
 - Substance abuse
 - Abuse of relationships
 - Acting out
 - Blaming others/avoidance of responsibility

Out of darkness

- Acting out behaviors result from Compassion Fatigue
- Others may see us as not being ourselves
- Hope comes from:
 - C G Jung
 - We are drawn to our shadow side for growth
 - Our shadow connects us to our unconscious
 - Myers-Briggs
 - Our inferior function is displayed when we are stressed.
 - We move toward wholeness through integration of all our personality traits

Acting OUT

Attention seeking behavior

chemical dependency

sex as salve

overeating

gambling

thrill seeking

Addressing Compassion Fatigue

Depersonalize the Process

Develop renewal structures away from work

Learn to Laugh



The Care for Caregivers Retreat

First Priority

Relax

Relax

RELAX RELAX RELAX RELAX RELAX RELAX

Relax

Humor Risk and Change

C. W. Metcalf

- Video from American Media Incorporated
 - Three modules:
 - Overcoming Fear of Embarrassment and Failure
 - A Humor Perspective
 - Overcoming Terminal Professionalism
 - Thriving in Change
 - A Developed Sense of Joy in Being Alive

A Humor Perspective Overcoming Fear of Embarrassment and Failure

Learn to see life differently.

Discover how we stop ourselves
from succeeding in life.

Be more creative at home and at
work.

Learn to loosen up.

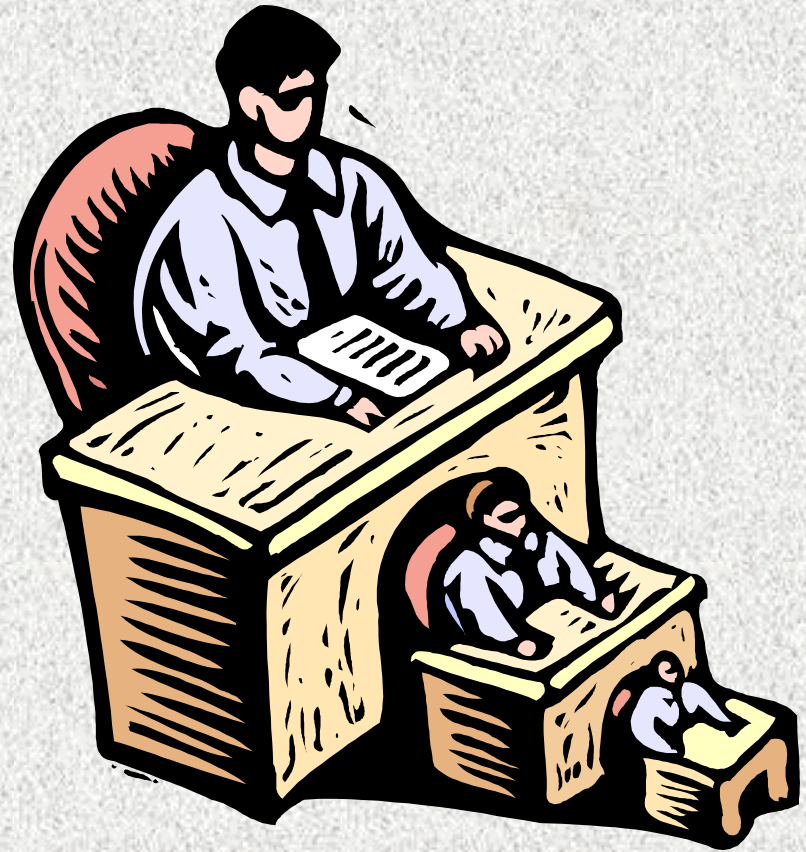
Grief

- The Grief Sandwich
 - Each layer makes it bigger
 - You can't eat it all at once
 - We make it ourselves
 - Recognize and admit your own occasions for grief through the grief circle.
 - Let it go.



Taking Yourself Lightly and Your Job Seriously Overcoming Terminal Professionalism

- Your Job is not YOU
- Drawing the line
- Mini-vacations
- Flexibility the key to success



Sounds of Silence



- There is a time for everything under heaven
- You have the ability to do or be anything just look inside yourself
- Silent reflection on who you are and where you want to go with your life.

Thriving in Change

A Developed Sense of Joy in **Being Alive**

Change happens!

Blame vs. Action

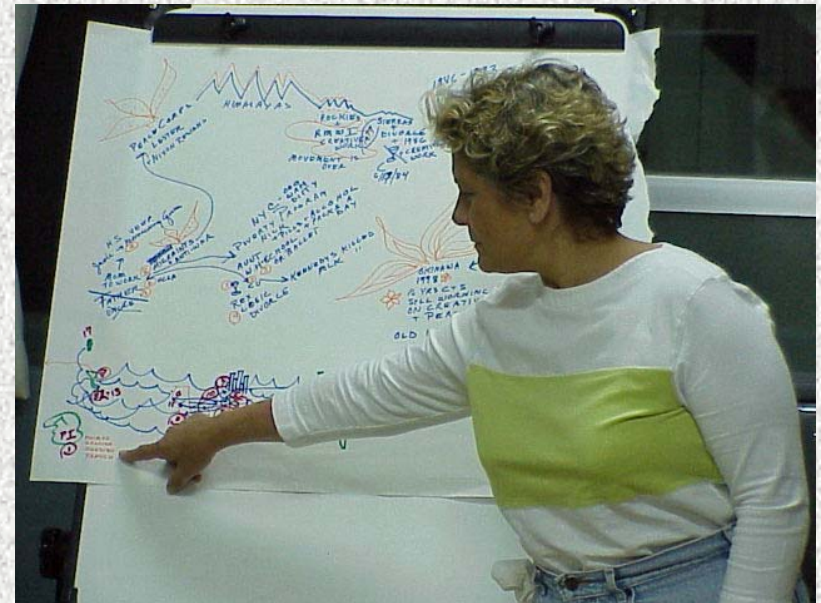
The Joy list

Plan to do Nothing

Find Joy in LIFE

Life Maps

Where you
come from
determines
where you are
and where you
are going.



The Frog in the Kettle

•IN

- Constantly increasing pressure
- Compassion fatigue
- Cooked

•OUT

- De-stress
- Being human
- Caring for others
- Continued ability to care.

Even frog legs jump out of the hot pan if the lid is off!

Taking care of self allows caring for others.